! There is no safe limit on drinking while you are PREGNANT!

Fetal alcohol syndrome is a major concern for babies through being in the womb to birth to going through school years. Imagine having to be by your child’s side twenty four seven, guiding them through every little thing possible. While reading this you will learn about the victim and what family has to go through by your child have fetal alcohol syndrome.

Fetal alcohol syndrome is also known as alcohol in pregnancy, alcohol during pregnancy, alcohol related birth defects, fetal alcohol defects. Fetal alcohol syndrome is a serious health condition that affects majorly the victim and family members, but this condition is preventable. FAS is a lifetime condition there is no treatment for this once you have FAS you will have it for life, when a pregnant women drinks alcohol it easily passes across the placenta to fetus. Because of this it can harm the baby’s development. Binge drinking is more harmful than drinking small amounts of alcohol. The first three months of pregnancy is the most harmful to drink alcohol, but also your full nine months are also at risk for your baby to have FAS.

A baby with FAS will have a small head, small upper jaw, smooth and thin upper lip, and poor growth while in the womb. Delayed development is to be expected in social, speech, movement, and thinking areas. Also they will experience disruption of the class, inappropriate sexual behavior, trouble with the law. The victim may grow into having an addiction to drugs or alcohol, a possibility of becoming homeless not being able to take care of themselves or others when he/she get older.

When the baby is born parents will take their baby in for a physical exam, the baby may reveal a heart murmur or other related heart problems. Over days, months, or even years there may be signs of delayed mental development. Also have structural problems of the face the first couple of months.

When mom goes in for exam it will include blood test to show alcohol level. Brain image studies may see an abnormal brain development. Pregnancy ultrasound can show the growth of the baby, so may be able to detect if your baby will have FAS.

No one really pays attention to fetal alcohol syndrome, most people think that it’s the family’s problem and they don’t need help. That is was their choice and could of done something about it, and yes that is true. Also you have to think that there are a lot of alcoholics out there. We have to pay attention a little bit more to the pregnant women and make sure they are getting the proper care and give birth to a healthy baby.

For those of you women who are drinking while being pregnant there are a lot of support groups you can go to, and will help you. Even though there is no medical evidence that light or moderate drinking consumption is harmful to the fetus in any way, the safest choice is to not drink at all while pregnant.

According to animal testing taking antioxidants during pregnancy may reduce the risk or even prevent birth defects in babies born to women who abuse the use of alcohol.

A study of pregnancies in eight European countries found that consuming no more than one drink per day did not appear to have any effect on fetal growth. A follow-up of children at 18 months of age found that those from women who drank during pregnancy, even two drinks per day, scored higher in several areas of development.

An analysis of seven major medical research studies involving over 130,000 pregnancies suggests that consuming two to 14 drinks per week does not increase the risk of giving birth to a child with either malformations or fetal alcohol syndrome.

So in conclusion pregnant women should not drink period when they are pregnant or think they may be. Why, because as you read even drinking a little bit of alcohol easily passes the placenta and to the fetus which just that little bit of alcohol can harm the babies development. So my suggestion from doing my researches I say don’t drink and alcoholic beverages while pregnant, if you are an alcoholic and pregnant try going to support groups. No baby deserves to live with a syndrome for the rest of their lives when it is 100% preventable.